



# SPORTSCENE

## Badges Award Scheme

體育先鋒體操章別獎勵計劃

## Level 8 (Target : Age 6 or above)

1	Full turn jump
2	Handstand hold 2 seconds
3	Backward roll to front support
4	Back bend down and up / ( Knee on Back bend down and up )
5	Headstand with bent knee
6	Hurdler Cartwheel
7	Cartwheel off Low Beam / Bench
8	(WAG)Beam - straddle support (MAG)L-support
9	Trampoline- Split Jump x 4
10	Run to springboard forward roll on 60cm high mats

1	直跳轉體360°
2	控手倒立2秒
3	後滾翻接前支撐
4	拱橋落和上
5	曲腿頭倒立
6	趨步側手翻
7	低平衡木側手翻下法
8	(女子)平衡木 - 浮撐 (男子)直角支撐
9	彈床：一字碼跳 4 次
10	助跳踏板60cm高墊前滾翻